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INFO SHEET

Brain Chemistry Imbalances

As humans, we are very complex chemical manufacturing plants that convert our fuel (food) into chemicals, allowing our body to work as marvelously as it does in all realms: the physical, emotional and spiritual. To underestimate, or not to estimate at all, the role our biochemistry plays in this balancing act would be like putting a puzzle together with the major pieces missing. Our body chemicals communicate and direct our cells over our nervous system, our eons-old internal internet. The relationship between brain chemistry imbalance symptoms such as mood disorders, inattentiveness and addictive behaviors is both physiological and psychological.

Our emotional makeup, moods and personality, though influenced by our genes and our environment, are pretty much determined by the neurotransmitter production that goes on in our brain. These neurotransmitters are made from amino acid molecules found in our protein food sources, which many people either don't get enough of, or are unable to absorb and use. Vitamin and mineral and enzyme cofactors (helpers) are also needed to make these neurotransmitters. Our main neurotransmitters include: Serotonin (Physical Relaxation), Dopamine (Energizing) GABA (Mental Relaxation), and Enkephalins/endorphins-(Physical and Emotional Pain Tolerance). Endocannabinoids, though not technically classed as neurotransmitters can be either relaxing or energizing. Their job is to moderate the flow of all the neurotransmitters. They are found especially in the nervous system and in the immune system, but also in other parts of the body. When in the brain they are our natural marijuana or THC.

Since amino acids and vitamin/mineral cofactors are often missing from our diets, nutritional deficiencies often cause brain chemistry imbalances. In addition to nutritional deficiencies, there are other interruptions in our ability to produce, absorb and assimilate neurotransmitters including, common GI tract damage, heavy metal toxic overload, stress and genetic vulnerability. Most people make their problem worse by using artificial ways to feel good, relax or get energy because they really don't know what else to do. When we want to feel better, we often reach for whatever

is at hand to make that happen. This is a normal reaction. Something not natural to our body though, that initially makes us feel better can make our problem worse.

What Happens When Neurotransmitter Production Fails?

Mood Swings

There are two main types of low moods defined by the deficient neurotransmitter. Low Moods with Anxiety usually signal serotonin deficiency. Low Moods with Low Energy usually signal dopamine deficiency. Some people experienced both types, which signal deficiencies in serotonin and dopamine.

Addictive Behaviors as We Reach for Artificial Replacements

As human beings, it is normal for us to want to feel better and to search out substitutes and experiences to make feeling better happen. Unfortunately, there are both negative physical effects and consequences of taking an artificial, non-nutritious route. These artificial-non-nutritious substitutes may in fact be addictive substances that will add to toxic overload. (i.e. alcohol, street/OTC/prescription medications) In desperate times we often overlook negative effects to get the quick relief we need

Behaviors of Distractibility, Impulsivity and Motor Restlessness

These symptoms are in part the result of deficiencies in dopamine, serotonin and GABA. Like other symptoms the underlying cause is related to nutritional deficiencies and their relationship to GI tract damage and heavy metal toxicity. These symptoms too, are caused by an "attack" on the frontal lobes, inhibiting this part of the brain's ability to coordinate all incoming sensory information and motor activity. Optimally balanced neurotransmitters bring stability to our frontal lobes, relieving the symptoms of ADHD.

Compulsive Eating and Obesity

Many of the artificial ways to compensate for neurotransmitter deficiencies also include common food categories: sugar, chocolate, fatty foods and bread/pasta. One underlying contributors to obesity and compulsive eating is imbalanced brain chemistry. When the choice is not drugs or alcohol many seek out foods to compensate for neurotransmitter deficiencies. Some people with dopamine deficiency with symptoms of fatigue or stress will look to high sugar/carbohydrate foods to provide energy and to help re-focus their thoughts. The energy relationship

between tyrosine/dopamine, and the thyroid, the adrenals and other hormonal challenges also may be linked to this neurotransmitter deficiency.

Motivation and Drive

Symptoms of endocannabinoid deficiency include irritability, anger, depressed moods, restlessness, lack of appetite and lack of motivation. These are also some of the same symptoms experienced from serotonin and endorphin deficiency and from dopamine excess. When our neurotransmitter production is in balance our endocannabinoids also “act naturally”. Endocannabinoids affect the intensity of all neurotransmitters and in so doing can inhibit thought processes and emotional activity. This is why the use of marijuana leaves one “in the present, chilling out.” When in balance, endocannabinoids do this for us naturally.

The Steps: Rebooting Your Brain Without Sugar, Drugs or Alcohol

- Step 1- Add nutrients with amino acids and vitamin/mineral cofactors by with whole clean foods and/or supplements.
- Step 2- Cleanse your GI Tract
- Step 3- Get Tested for Toxic Metals
- Step 4- Remove your Toxic Metals if any are present
- Step 5- Modify your eating plan-Reduce or eliminate sugar and processed carbohydrates—Eat whole, unprocessed foods
- Step 6- Maintain social interactions that contribute to wellbeing
There are many healthcare professionals and organizations and support groups available to assist you with this step.

For more information or to schedule your free consultation with Lynda contact 239-330-441, lynda@lifestylecarecoach.com or visit www.lifestylecarecoach.com